



Come out and try the fun, fast and skilled game of NCAFA touch football. NCAFA offer programs for girls from 9-20 years old. Touch football offers players a unique challenge to learn how to run, pass, catch and kick while playing a game that promotes athleticism, fitness and strategy. Girls will have a wonderful time making new friends while playing a high energy game that emphasizes safe and fair play.



NCAFA clubs offer Tyke (U11), Mosquito (U13) Pee Wee (U15), Bantam (U17) and Midget (U21) programs. Age is calculated by Year of Birth.

- 1996 and younger – Midget (U21)
- 2000 and younger – Bantam (U17)
- 2002 and younger – Pee wee (U15)
- 2004 and younger – Mosquito (U13)
- 2006 and younger – Tyke (U11)

# GIRLS TOUCH FOOTBALL

[www.NCAFA.ca](http://www.NCAFA.ca)

NCAFA girls touch football is a spring program that runs from April to the last school weekend of June. Clubs officially can practice on fields in the middle of May so April sessions will be in gyms or on artificial turf fields.

NCAFA is an organization of 17 clubs. Girls wishing to play touch football can play for ANY NCAFA club offering the program. There are no territory restrictions in girls touch football. This policy is intended to foster maximum participation. Visit [www.ncafa.ca](http://www.ncafa.ca) then click on the girls touch icon to find the club nearest to you and a contact person.



Please see back of this brochure for more information on joining a program or starting your own team.

Most participants will join touch football by finding the nearest organization and registering for girls touch football. This is best for many since the location of practices and home games will minimize travel time. NCAFA prefers this process for joining a touch football program. New players will quickly make new friends and rapidly pick up football skills from coaches and experienced teammates.



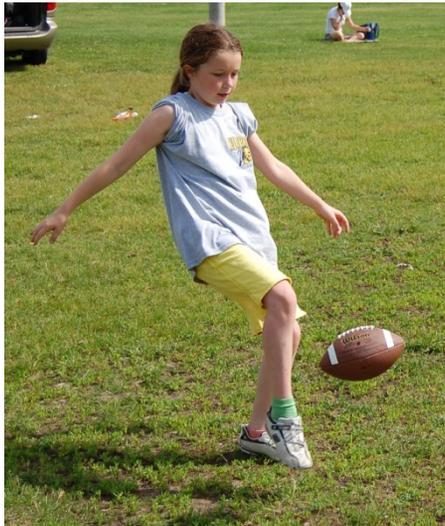
Another approach would be to have a group of players from a school football team, a hockey team, basketball team or any organization form a touch football squad.

NCAFA will work with your team to affiliate with a club, perhaps find more players and introduce coaches and players to the game with a couple of NCAFA led practices (if needed).

Contact us at: [Rodney.Moors@ocdsb.ca](mailto:Rodney.Moors@ocdsb.ca)

## WHY TOUCH FOOTBALL?

Touch football is a wonderful activity that encourages girls to fully develop the widest range of skills. There is no activity that challenges participants to learn how to run, throw, catch and kick. Improving these skills will make football or any sport much more enjoyable and help the player grow to be a fitter, stronger, faster and more agile.



Please click on the NCAFA girls touch football icon on the NCAFA website to find out more about the rules of the game, scores and standings, summer tournaments, and instructional videos.

**[www.NCAFA.ca](http://www.NCAFA.ca)**

